

Find the support you need at the [Families First Portal](#)

Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

-  Relationship Support
-  Parenting advice and childcare
-  Money advice
-  Emotional and mental health
-  Domestic abuse support
-  Staying healthy
-  Online Safety
-  SEND Local Offer

and many other useful links



[@FamiliesFirstHerts](#)



[@FFHerts](#)

"I am struggling to cope with everything at present, so feeling overwhelmed."

"I'm worried about my child's behaviour in school and at home"

"I'm worried about money"

"I need reassurance and support"